

A MINUTE OF HEALTH WITH CDC

Diabetes in Young People

Diabetes Death Rates Among Youths Aged <19 Years – United States, 1968--2009

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This program is presented by the Centers for Disease Control and Prevention.

Diabetes is one of the most common chronic diseases in the United States and is often diagnosed in older populations. But recent national data shows that nearly a quarter million people under the age of 20 have diabetes. In addition, diabetes appears to be *increasing* in this age group.

Left undetected or untreated, diabetes can lead to severe health problems, including kidney failure, heart disease, and even death. Although diabetes can be related to heredity, eating a healthy diet, exercising regularly, and getting screened can prevent the disease and its complications.

Thank you for joining us on A Minute of Health with CDC.

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